

M		TAB	TAB	TAB	TAB
<b>BODY FAT CONTENT WORKSHEET (Female)</b> For use of this form, see AR 600-9; the proponent agency is DCS, G-1.					
NAME (Last, First, Middle Initial)		SSN		RANK	
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		AGE	
NOTE: ¼"= .25 ½"= .50 ¾"= .75					
STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)	
1. Measure neck just below level of larynx (Adam's apple) up to nearest 0.50 inch. Repeat three times, then average.					
2. Measure waist (abdomen) at the point of minimal abdominal circumference. Round down to nearest 0.50 inch. Repeat three times, then average.					
3. Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round down to nearest 0.50 inch. Repeat three times, then average.					
4. CALCULATIONS	REMARKS				
A. Enter average waist circumference					
B. Enter average hip circumference					
C. TOTAL (4A + 4B)					
D. Enter average neck circumference					
E. Enter circumference value (4C - 4D)					
F. Find the height in Table 3-1 (Height Factor). Enter height in inches.					
G. Find the Soldier's circumference value (line 4E) and height (line 4F) in Figure B-6 (Percent Fat Estimation for Women). Enter the body fat value that intercepts with the circumference value and height. This is the Soldier's Percent Body Fat.					
CHECK ONE <input type="checkbox"/> Individual is in compliance with Army standards; <input type="checkbox"/> is not in compliance with the standards. <input type="checkbox"/> Recommended monthly weight loss is 3-8 lbs.					
PREPARED BY (Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)

DA FORM 5501, AUG 2006

Previous Editions are Obsolete.

APD PE v1.03ES

Body Fat Content Worksheet must be dated within 30 days of Final Selection board appearance.